

STRENGTH & CONDITIONING

COMMUNITY CLASS



Our Strength and Conditioning class teaches the basics of aerobic, low impact strength and conditioning exercises in a fun, engaging small group setting.

Tuesdays & Fridays
scheduled with instructor

\$75/group
\$90 individual transition class

BOOK NOW

631-223-8806



info@listrive.com



www.listrive.com



Instructor: Heidi MacAlpine

LI Strive...An inclusive community where everyone thrives!...